



SELF-ESTEEM challenge

**COMPLETION OF THIS CHALLENGE WILL EARN YOU
15 COMMUNITY SERVICE HOURS!**

MAY IS NATIONAL TEEN SELF-ESTEEM MONTH. TAKE OUR CHALLENGE TO EARN COMMUNITY SERVICE HOURS. YOU DON'T HAVE TO COMPLETE ALL OF THE TOPICS. YOU'LL STILL GET HOURS FOR THE ONES COMPLETED. THE CHALLENGE ENDS MAY 30TH.

- ☐ NAME SOMETHING YOU LOVE ABOUT YOURSELF. 1 HR
- ☐ WRITE WHAT HEALTHY SELF-ESTEEM MEANS TO YOU. 2 HRS
- ☐ TELL US ABOUT 2 GOALS THAT YOU HAVE ACCOMPLISHED THIS YEAR. 1 HR
- ☐ RECOMMEND 2 BOOKS THAT PROMOTE SELF-ESTEEM IN TEENS. 1 HR
- ☐ WRITE ABOUT A HAPPY EVENT IN YOUR LIFE. 2 HRS
- ☐ LIST 3 THINGS YOU ARE GRATEFUL FOR. 1 HR
- ☐ DO SOMETHING CREATIVE. 1 HR
- ☐ LIST 3 POSITIVE QUALITIES ABOUT YOURSELF. 1 HR
- ☐ START A NEW HOBBY. 1 HR
- ☐ IDENTIFY 3 NEGATIVE THOUGHTS ABOUT YOURSELF AND REPLACE THEM WITH POSITIVE ONES. 2 HRS
- ☐ WRITE A LETTER TO ENCOURAGE TEENS DURING SOCIAL DISTANCING. 2 HRS

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